

## Labby Catering, Finland

Hello!

It is Maria from Norway!

Last Newsletter I wrote about how my first weeks of stay in Finland at Labby Catering with Teija Kettunen and Janne Länsipuro had been so enjoyable.

-Well, it still is! Even more recipes gathered in my recipe book. I am really enjoying the autumn seeing everything i sowed becoming big and new seeds developing!

Now you will get TWO recipes from the autumn-harvesting time:



### Pumpkin male flower fries

Collect the desired amount of your male flowers from the pumpkins with stem

Batter:

We have a sourdough of spelt standing in the kitchen. If you have one, make a batter of 1 part water and 2 parts sourdough with some salt and pepper.

If you don't have sourdough, make the frying batter like this:

Makes 15 flowers

2.5 dl flour

2.5 dl white wine or lager beer

1 teaspoon baking powder

Salt and pepper to taste

Let stand an hour in the fridge. The consistency should more or less be like a loose yogurt.

Ready to dip!

With your frying oil ready and hot (BE CAREFUL), dip your flowers in the batter and fry them not too many at once since they stick together.

Make sure the flowers are evenly fried and golden brown when they are finished resting on a kitchen towel.

Drizzle some salt over and serve with a dipping sauce.

## Pumpkin dipping sauce

Collect your desired pumpkin.

Turn your oven on 200 degrees

Chop up in dices, sprinkle some cinnamon, cardamon, cumin and salt/pepper over. If the seeds are soft, include them.

Bake with oil until soft, ca 20 minutes.

When cooled down, transfer to blender/mix-master and drive until smooth.

Add more spices or herbs to taste, for example chopped onion greens.

Serve in a bowl together with the crispy male flowers and let them dive into the autumn!

Enjoy!